

No.B.13021/101/2020-DMR/Vol-III
GOVERNMENT OF MIZORAM
DISASTER MANAGEMENT & REHABILITATION DEPARTMENT

Aizawl, the 16th of January, 2021

ORDER

Whereas, an order for the extension of 'COVID-19 No Tolerance Drive' was issued vide Order of even No. dated 08.01.2021, until further orders;

And whereas, there has been a decline of COVID-19 positive cases in recent days, the reducing trend of COVID-19 local transmission is considered to be a positive outcome of the containment efforts, and the evolving situation is thus considered conducive for relaxing certain restrictions;

And whereas, there is no room for complacency given the fact that a new strain of COVID-19 surfaced in Europe and cases have been reported in other parts of the country, it is felt necessary to continue with certain preventive and containment measures;

Now, therefore, the undersigned in his capacity as Chairman, State Executive Committee, Mizoram State Disaster Management Authority, in exercise of the powers conferred under Section 22(h) & 24(l) of the Disaster Management Act, 2005, hereby orders that guidelines appended hereto shall be implemented with immediate effect and until further orders.

Sd/-LALNUNMAWIA CHUAUNGO

Chief Secretary, Mizoram & Chairman,
State Executive Committee
Mizoram State Disaster Management Authority

Memo No.B.13021/101/2020-DMR/Vol-III: Aizawl, the 16th of January, 2021

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1. Secretary to the Governor, Mizoram.
2. P.S. to Chief Minister, Mizoram for information.
3. P.S. to Deputy Chief Minister, Mizoram
4. P.S. to Speaker, Mizoram
5. P.S. to all Ministers/ Ministers of State/Deputy Speaker/Deputy Govt. Chief Whip, Mizoram..
6. Sr. P.P.S to Chief Secretary, Govt. of Mizoram.
7. P.S. to Addl. Chief Secretary, Govt. of Mizoram.
8. All Principal Secretaries/Commissioner/Secretaries
9. Director General of Police, Mizoram.
10. Commissioner & Secretary, Mizoram Legislative Assembly.
11. All Administrative Heads of Departments, Government of Mizoram.
12. Secretary of all Constitutional & Statutory Bodies, Mizoram.
13. All Head of Departments, Government of Mizoram.
14. All Deputy Commissioners
15. All Superintendents of Police, Mizoram.
16. Executive Secretary, LADC/MADC/CADC
17. Director, I&PR for wide publicity.
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(Dr. MALSAWMTLUANGA FANCHUN)

Under Secretary to the Govt. of Mizoram
Disaster Management & Rehabilitation Department

COVID-19 hrileng laka mipuite kan lo him zel nan a hnuaia kaihhruainate hi thu leh awm hma chu Mizoram chhungah khauh taka kenkawh leh zawm tur a ni. Hei hian Order hmasa zawng zawng a luahlan (supersede) ang.

I. MIZORAM PUMA INKHUAHKHIRHNA KALPUI TUR TE

A. Ram pâwn atanga Mizoram luh, Screening, Testing, Quarantine leh hri veite enkawl chungchang

1. India ram hmundang atanga Mizoram-a lo lut rêng rêng chu entry point-ah uluk taka *screening* kalpui chhunzawm zel a ni anga, quarantine-na tur hmun ruatah quarantine tur an ni. Amaherawhchu, RT-PCR/CB-NAT/TrueNAT hmanga COVID-19 test, negative certificate darkar 96 aia hlui lo neite erawh a huam lovang.
2. Mizoram atanga zinchhuak, darkar 96 chhunga rawn let leh te chu entry point ah uluk taka screening tih a ni ang a, RAgt test tih a ni bawk ang. RAgt test a negative leh symptom nei lo te chu quarantine an ngai lovang. Amaherawhchu, fimkhur takin *self-monitoring* an ti anga, inrinhlelhna emaw, *symptom* emaw an nei zui (develop) a nih chuan an in khung hrang nghal anga, medical helpline (Toll free 102, landline 0389-2323336, 0389-2322336 leh 0389-2318336) ah an in report nghal ang.
3. A chung a tarlante chungchang ah hian Health & Family Welfare Department in inkaihhruaina kimchang an chhuah ang.
4. Europe atanga lo haw te erawh chu Health & Family Welfare Department in Notification No.D.33011/22/2020-HFW(nCOV)/Vol.I dated 30.12.2020 a chhuah angin quarantine an ni ang a, home quarantine phalsak an ni lovang.
5. Screening leh quarantine dan tur fel taka ruahman a nih theih nan Mizoram an rawn luh hmamain mCOVID-19 mobile application *mPASS-flight* emaw *mPASS-road* hmangin an in-register lawk tur a ni. Home quarantine leh Hotel quarantine dil duh tan online-in <https://mccovid19.mizoram.gov.in>-ah a dil theih tawh bawk.
6. Mizoram-a lo lutte quarantine dan, COVID-19 testing, quarantine m êk leh hri pai te enkawl chungchang, COVID Care Centre, Dedicated COVID Health Centre leh Dedicated COVID Hospital te kalpui dan leh hêng hmunhma te tihthianglim chungchangah Health & Family Welfare Department-in inkaihhruaina a siamte chu a ùl anga ennawnin khauh taka kalpui tur a ni ang. Tin, quarantine-a awm/thlen man, ei leh in man leh test-na man pek dan tur erawh chu Notification No.B13021/101/2020-DMR/Pt-III dated 20.07.2020 leh No.B.13021/187/2020-DMR dated 25.07.2020-in a tarlan angin kalpui a ni ang.

7. COVID-19 positive ni lo emaw Containment Zone/Area atanga lo kal ni lo, Mizoram chung District dang emaw khaw dang atanga lokal an nih vang ngawtin mi tumah lo quarantine tur a ni lo.

B. Sawrkar office leh office dangte

1. Administrative Head/Head of Department/Head of Office ten khauh takin office chhûngah a hnuai SOP leh '*COVID-19 appropriate behaviour*' an kalpui ang.

a) Administrative Head/Head of Department/Head of Office tin te chuan office vawn fai leh tih thianglim kawngah hma an la zel ang. Tin, office chhung/office gate/kawtkaiah kut silna tur emaw hand sanitizer an dah ang a, office building lut tur reng rengin kut an sil vek tur a ni. Heng ruahmanna enfiah thin tur hian a hranpa-in Deputy Commissioner ten team an ruat ang.

b) Office dawr tur reng rengin appointment an la hmasa tur a ni. Appointment (phalna) neia office dawrtu ten office an dawr chhûng zawngin mask an vuah ngei tur a ni.

c) Office hnathawk, damlohna nei sa emaw hrisel lohna bik nei leh nau paite, office kal thei lo te chu chawlh (*Commuted Leave*) pek theih an ni.

d) Tul bikah lo chuan meeting neih loh tur a ni. A huhova inrawn/sawihon ngai thil a awm anih pawhin a theih chin chinah video conferencing leh online mode dangte hman tangkai hrâm tur a ni.

e) Department emaw office dangte nena indawr tulna thilah chuan e-mail emaw electronic media dang hman hram tum tur a ni.

f) Mipuiin online-a office an dawra, bill te an pek theih nan a theih chin chinah ruahmanna siam tur a ni.

2. Thu leh awm hma chu Minister-te public interview hun khar rih a ni.

C. Mipui vantlâng tana inkhuahkhirhna hriat tur te

1. District headquarters-ah te chuan zân dar **8:30** leh zing dar **4:30** inkarah pawn chhuah khap tlat a ni. Hemi atân hian District Magistrate ten Section 144 CrPC tlawhchhanin thupêk an chhuah ang.

2. Loh theih loh thil a nih loh chuan, kum 65 chin chunglam te, taksa hriselna lama harsatna nei sa te (Chuap thalo, HIV+ve, zunthlum nasa, lungna, kalna, *adt.*), nau pai te leh naupang kum 10 (sawm) hnuailam te chu pâwn chhuah loh hrâm tur a ni. Tin, chhûngtin ten mahni chhûngkua theuhvah hetiang hriselna lama harsatna neite himna atân ruahmanna an siam tur a ni. Hemi chungchangah hian Health & Family Welfare Department-in kaihruaina a siam (***Attachment-I***) chu tha taka zawm tur a ni.

3. Pawn (vantlang/puipunna hmun, dawr, office, damdawiin, clinic *adt.*) chhuak tur rêng rêng chuan *face mask* emaw hmanraw dang hmangin hmai an tuam ngei tur a ni.
4. Vantlang hmun leh dawra kalte chu feet 6 tala inhlata awm tur a ni.
5. Mizoram pawn ațanga lo lut, quarantine paltlang lo mikhualte tumahin thlen phal a ni lo. Hei hian Mizoram chhũnga awmsate in mikhual tawn a huam lovang.

D. Lirthei hmanga zin veivah leh mipui chet vel chungchang

1. Mizoram chhũng khawkar kawnga khualzin phur lirthei (commercial passenger vehicle) leh city/town bus, taxi, auto rickshaw leh two-wheeler taxi te chuan registration-a *seating capacity* tarlan aia tam an phur tur a ni lo. Lirthei khalhtute leh an phurh ten *face mask* an vuah vek tur a ni a, passenger-te hman tur *hand sanitizer* an pai reng bawk tur a ni. Hemi chungchangah hian motor enkawltu (driver/conductor) ten mawh an phur ang. Driver/conductor-in a zing thei ang berin lirthei chhũng, ținutna leh vawnbãnte uluk takin an tithianghlim (sanitize) țin tur a ni.
2. Commercial passenger vehicles driver, handymen leh conductor te chu RAgT hmanga test vek an nih theih nan Health & Family Welfare Department in hma a la ang.

E. Zirna in hawn chungchang

1. School leh hostel (Class-X & XII board exam tur tan) te chu 22nd January atangin School Education Department-in ruahmanna a siam angin hawn theih a ni ang. Hostel a lut tur reng reng chuan 'RAgT Negative Certificate', hostel luh hma darkar 96 a lak an nei vek tur a ni.
2. Undergraduate & post graduate zirlai te tan zirna in chu February, 2021 ațangin a tahtawlin, Mizoram University academic calendar leh Higher & Technical Education Department ruahmanna angin leh State Executive Committee, Mizoram State Disaster Management Authority hriatpuina in hawn theih a ni ang. Amaherawhchu, University Grant Commission in kaihhraina (SOP) a siam khauh takin an kengkawh ang.
3. Training/Coaching institutions te chu an hmunhma a leng zat 50% angin emaw mi 50 aia tam lovin leh social distancing zawm chungin an in hawng thei ang.
4. Adang zawng erawh online hmangin zirtirna an kalpui chhunzawm ang.

F. Mipui Punkhawmna

1. Sakhaw Biak Inkhawm chungchang
 - a) Sakhaw biak inkhawmna-ah a hmun-a lengzat 50% aia tam lovin 1st February, 2021 atangin a punkhawm theih ang a; amaherawhchu, mipui

pungkhawm hi mi 200 aain an tam tur a ni lo. Hei hian chhunlama inkhawm chauh a huam anga, zan lama inkhawm erawh khap a ni.

b) Zing tawngtai inkhawm chu mi 50 aia tam lovin la kalpui chhunzawm a ni ang.

2. Chhياتni/Thatni

a) Mitthi vuina leh inneihna (man hlan, inneih inkhawm leh reception) ah a hmun-a leng zat 50% aia tam lovin a punkhawm theih ang a; amaherawhchu, mipui pungkhawm hi mi 100 aain an tam tur a ni lo.

b) Heta mipui pungkhawm tur zat sawite hian ei/in siamtu, usher leh programme hlawhtlin theih nana tawiawmtu/chhawrte zawng zawng a huam a ni. Tin, heng hun leh hmunahte hian chhياتni/thatni-a zawm tur a hnuaia tarlan - social distancing leh hriselna chungchangte hi zawm ngei tur a ni ang.

c) Chhياتni/thatni puipunna-a kenkawh tur Sawrkar Order No.B.I302I/101/2020-DMR/Pt-III, dated 13.08.2020-in a tarlan kaihhruainate hi hman chhunzawm zel tur a ni ang.

i. Mitthi vuina-ah chhūngkhat laina pawh a tlem thei ang ber kal thin nise, association/pawl aiawh mi 2 (pahnih) aia tam kal loh tur a ni.

ii. Social distancing a awm theih nan kohhran/community hall emaw veng chhunga hall remchangah emaw a tuldan angin Biak In ah emaw invuina hun hman tur a ni. Hemi atan hian mitthi lawina kohhran leh a veng neitu YMA/YLA/MTP/YCA emaw LLTF/VLTF ten ruahmanna an siam ang.

iii. Mitthi vuina-a kal zawng zawngte hming pum, address leh mobile number chhinchhiah tur a ni a, a remchan dan angin YMA/YLA/MTP/YCA emaw LLTF/VLTF ten ruahmanna an siam ang.

iv. Chhياتni/thatni puipunna hmunahte zai/zaikhawm loh tur a ni.

v. Mitthi vuitu tur chu a theih hram chuan kum lama upa lo leh mi hrisel pangngai a ni tur a ni.

vi. Mitthi vuina-ah hian kum lama upa te leh hrisel lohna benvawn nei te kal loh tur a ni.

vii. Mitthi vuina-ah thingpui sem loh tur a ni.

viii. Chhياتni/thatni-ah mipui kalkhawm ten *face mask* an vuah vek tur a ni a. Thusawi, thupuan leh tawngtai lai pheih chuan mask phelh miah loh tur a ni.

3. Games & Sports, pawl thila punkhawm leh intawllenna hmun dangte

- a) Entu mipui punkhawmna tel lo *games & sports practice* leh *tournament* neihna ah punkhawmna tur hmun (indoor)-ah a leng zat 50% aia tam lovin a punkhawm theih ang a; amaherawhchu, mipui punkhawm hi mi 50 aiin an tam tur a ni lo. Pawn lama punkhawmna (outdoor)-ah erawh mi 100 thleng phal a ni. Tournament huaihawt chungchangah hian Government of India, Ministry of Youth Affairs and Sports, Department of Sports-in kaihhraina a siam (**Attachment-II**) chu tha taka zawm tur a ni.
- b) Cinema hall, auditorium, community hall leh intawllenna hmun dangah te chuan punkhawmna tur hmun (indoor)-ah a leng zat 50% aia tam lovin a punkhawm theih ang a; amaherawhchu, mipui punkhawm hi mi 50 aiin an tam tur a ni lo. Pawn lama punkhawmna (outdoor)-ah erawh mi 100 thleng phal a ni.
- c) Pawl thil a punkhawmna dang reng reng ah chuan punkhawmna tur hmun (indoor)-ah a leng zat 50% aia tam lovin a punkhawm theih ang a; amaherawhchu, mipui punkhawm hi mi 50 aiin an tam tur a ni lo. Pawn lama punkhawmna (outdoor)-ah erawh mi 100 thleng phal a ni. Loh theih loh leh tul bik thilah chuan Deputy Commissioner ten mi 150 thleng phalna an pe thei ang.
- d) Mipui punkhawmna hmunah te hian COVID-19 inkaidarh a nih loh nana invenna atana inkaihhraina (SOP) siam (**Attachment-III**) hi tha taka zawm tur a ni.

G. Bungraw chawkluh leh thiar chungchang

1. Phai atanga bungraw lalut tur leh rawn phurlut tur reng reng chuan **mCOVID-19** mobile application-a **mPass** hmangin *declaration* an thehlut tur a ni. Tin, driver leh handyman te chu **Aarogya Setu**-ah in-register vek tur a ni.
2. Driver leh handyman, Mizoram atanga bungraw la tura zin chhuak thin te chuan bungraw lak hna an thawh chhung chu midang nen intlawhpawh lovin an thawk ang a, an awm lailawkna tur chu anmahni ruaitute kut ani ang. COVID-19 test negative result an neih veleh emaw load an lak hnahnun ber atanga ni 14 hnu-ah midang nen an intlawhpawh thei ang.
3. State pawn atanga lirthei driver leh handyman bungrua rawn thiar lut thinte chu an bungraw dah hnua backload an chang duh a nih chuan check gate-ah COVID-19 negative certificate (RT-PCR/TrueNat/CBNAAT, darkar 96 aia hlui lo) nen an in-report tur a ni. Heng certificate nei lote chu check gate-ah man chawiin test anni ang a, COVID-19 positive an nih chuan Mizoram chhunga CCC hnai berah dah an ni ang. Thil phurh an unload zawh veleh an kir leh nghal dawn a nih chuan COVID-19 negative

certificate emaw check gate-a test paltlang kher a ngai lovang. District Level Task Force (DLTF) ten an District chhunga bungraw phur lirthei lo lutte chuan heng dan te hi an zawm leh zawm loh uluk takin an endik thin tur a ni.

4. A chung a tarlan driver leh handyman-te hian kawng laka harsatna an tawh thulhah State Control Room (Toll free 1070, landline 0389-2342520, mobile 7629072785 and whatsapp 9366331931)leh COVID-19 (Medical) helpline number (Toll free 102, landline 0389-2323336, 0389-2322336 leh 0389-2318336)-ah te phone-in an harsatna te an thlen thei ang.

H. Dawr leh sumdawwna hmun

1. Bazar, dawr, petrol pump/filling station leh sumdawwna hmuna 'social distancing' kenkawh chungchangah a neitu ten mawh an phur ang. Tin, tha taka zawm a nih ngei nan LLTF/VLTF ten anmahni bial chhûngah hma an la bawh ang. Tin, heng hmunah te hian a hnuaia tarlan kaihhruaina te hi zawm ngei tur a ni:
 - a) Dawrtu leh dawr neitu ten *face mask* emaw hmanraw dang hmangin hmai an tuam ngei ngei tur a ni.
 - b) Dawrneitu ten faina, a bik takin kut sil fai, an uar tur a ni. Tin, dawrtute tan hand sanitizer an chhawp ngei ngei tur a ni.
 - c) Mi pathum aia tamin dawr an nghak tur a ni lo. Wholesale dawr leh dawr lian (departmental store)-ah te erawh chuan mamawh dan azirin godown/store lama thawktu nen mi 6 (paruk) thleng an chhawr thei ang a, a zat chiah erawh chu dawr awmna vênga LLTF/VLTF ten an bituk ang.
 - d) Dawrtute hming, address, contact number leh dawr hun chhinchhiah nan *Sulhnu app* hmanga scan tur QR Code fiah tha tak dawr tinah tar tur a ni. Dawr neitu/nghaktu ten an dawr tlawhtu zawng zawngin QR Code an scan ngei a ni tih an finfiah zel tur a ni. Amaherawhchu, dawrtute zingah *Sulhnu app* hmang lo an awm theih avangin dawr zawng zawngte hian chhinchhiahna lehkhabu (register) an chhawp tel vek tur a ni a, *Sulhnu app* hmang lo dawrtute hming, address leh contact number an ziahluhtir ngei tur a ni.
 - e) Dawrtute an intlar a tul changin social distancing an zawm ngeina turin dawr neitu ten ruahmanna an siam tur a ni. Dawr chhûngah pawh feet 6-a inhlatin an awm tur ani.
 - f) A theih chin chinah pawisa fai inhlan kher lova indawr dan (*cashless transaction*) hman tangkai tur a ni.
2. Dawr zawng zawng chu (damdawi dawr tiam lovin) tlai dar **5:30**hma-in khaw vek tur a ni.

3. Thlai thar leh chawhmeh dang zawrhna hmun ruatah a zuartute chu feet 6 aia inhnaih lo turin thutna ruahman thin tur a ni.

II. AIZAWL MUNICIPAL AREA BIKA LIRTHEI VEIVAH DAN TUR.

1. Superintendent of Police (Traffic) in lirthei tlan dan tur ruahmanna asiam Notification No.RO/TRF/SP-Noti-7/08/514 dated 31.07.2020 angin lirthei intlan hawk a ni ang.
2. Intlanchhawk hian 9:00 AM atanga 4:30 PM thleng a huam ang.

III. CONTAINMENT AREA/ZONE PUAN CHUNGCHANG

1. *The Mizoram Epidemic Diseases (COVID-19) Regulations, 2020*-in thuneihna a pèk- Chief Secretary leh Deputy Commissioner-te lo chuan containment area/zone leh lockdown an puang thei lova, hei hian vèng/khaw bil lockdown puan pawh a huam a ni.
2. A tuldan azirin Deputy Commissioner ten an district chhunga khawi hmun pawh risk assessment mumal tak neiin *containment area/ zone*-ah an puang ang.
3. Containment area/zone-ah te chuan Deputy Commissioner-in thupèk a chhuah te chu zawm tur a ni.
4. Containment area/zone pàwna lockdown puan a ngai a nih chuan Central Sawrkar rawnin State Sawrkar-in a puang ang.
5. Containment area/zone-a puan vang ni si lova district bil emaw khua/veng bila inkharkhip phal a ni lo.

IV. HREMNA DAN

He thupek zâwm lo chu *Disaster Management Act, 2005* hnuai Section 51 atanga Section 60, *The Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020* hnuai Section 5 leh *IPC Section 188* hmangin hrem theih an ni.

Sawrkarin heng thuchhuah a siamte hi a tuldan azirin a ennawnin a tidanglam thei ang.



(LALNUNMAWIA CHUAUNGO)
Chief Secretary & Chairman,
State Executive Committee,
Mizoram State Disaster Management Authority.

**DEPARTMENT OF HEALTH & FAMILY WELFARE, GOVT OF MIZORAM
COVID-19 KARA KUM UPATE LEH NATNA BENVAWN NEITE (HIGH RISK
GROUP) TE FIMKHUR DAN TUR (SEPT 2020)**

Kum Upate leh natna benvawn vei ho te hi an taksa a chak loh avangin **covid an kai hma bik** a. An taksa natna dotu an tlakchham avangin covid an kai a nih chuan **an la na (serious) duh bik** a, covid avanga thi tam ber pawh kum upa leh natna benvawn lo vei sa te an ni. Taksa hrisel tha leh kum la naupangte chu an kai a nih pawhin an taksaah harsatna lian tham a thlen lo tlangpui thin. Hei vang hian kum upa leh natna benvawn veite chu **midangte aiin an fimkhur zual bik a ngai a ni.**

HIGH RISK GROUP-TE CHU:

1. Kum 60 aia upate
2. Cancer vei- a bikin *chemotherapy/radiotherapy* hmanga enkawl mekte.
3. Lung (heart) natna benvawn nei.
4. Chuap (Lungs) natna benvawn nei- khuh benvawn, asthma etc.
5. Kal (Kidney) natna benvawn nei.
6. Thin (Liver) natna benvawn nei.
7. Thluak lam natna benvawn nei e.g. stroke, Parkinson's disease etc.
8. Taksa dona (Immunity) nei tlem- HIV/AIDS, Transplant patients damdawi ei mek.
9. Zunthlum (diabetes).
10. BP sang (hypertension).

ENGTIN NGE HIGH RISK GROUP TE AN FIMKHUR ZUAL BIK THEIH ANG?

1. **In lamah awm** deuh chawt a, len chhuah loh a tha ber.
2. **Mi inah len loh** a, inleng pawh neih loh a him ber.
3. Lo theih lohva, midang nen kan inkawm dawn a nih chuan **kan inkarah 3 feet tal** a awm tur a ni a (duhthusam chuan 6 ft), **mask** kan vuah ve ve (theuh) tur a ni.
4. Chhungkaw member leh midangte nen kan ti tiho dawn a nih chuan **inhlat taka thut** a, **mask** vuah ngei ngei tur a ni.
5. **Puipunnaah** te, chaw ei khawmnaah te, bazarah te, committee meeting-naah te **kal loh** hram a tha.
6. Kan inchhungah/chhungkuaah Quarantine/Isolation lai te, COVID-19 dona lama thawkte, chhuak vak nasate an awm a nih chuan anmahni nen chuan **inhnaih taka awm loh** hram tur a ni.
7. Uluk taka sahbawn leh tui hmanga **kut sil** fo tur a ni a; kutsil remchan lohnaah **hand sanitizer** hman thin tur a ni.
8. Midang kan bula an awm a nih chuan tha taka **mask** vuah thin tur a ni.
9. **Hmai, ka, hnar, mit** te kut lawngin khawih loh tur a ni.
10. **Mi khawih hnu-** chanchinbu, pawisa, lehkha, bungrua etc. khawih hmain a theih chuan 'sanitise/disinfect' ni se, kan khawih zawh vele kutfai taka sil leh zel tur a ni.
11. **In chhunga thil kan khawih zin** bik – kawngkhar vawna, tui herh haw-na, dawhkan, kawngkhar etc chu a khat tawka tihfai thin tur a ni.
12. Midangte nen **zai ho loh** tur a ni.
13. **Khuh leh hahchhiau** dawnin tissue paper/rawmawlin emaw ka hup tur a ni a, a remchan loh chuan kan ban thlep (kiu chunglam) phenah chauh kan khuh/hahchhiau tur a ni.

HIGH RISK GROUP TE'N TAKSA LEH RILRU HRISSEL NAN ENGTE NGE AN TIH ANG?

1. **Rilru hlim takin** awm tum hram hram ang che.
2. Vawikhatah rei tak tak thutthlengah, TV hmaah emaw, i phone khalin emaw **thi/mu reng lo la**, a khât tawkin dingin **vei kual thin** ang che.
3. **Taksa chet tam** a pawimawh a, a remchan ang angin **exercise** lak thin tur a ni. Nikhata exercise lak chu belhkhawmin **30 mins** a tling tur a ni a, mahni tlin tawk ang zela lak thin tur a ni.
4. **Ei leh in hrisel** a pawimawh a. Ei luat a hlauhawm a, ei insum leh lutuk a tha lo bawk. I taksa mamawh tawk ei thin la, thlai leh thei ei uar rawh. Sa te, mawm leh thaute, thil al (chi) te, thil thlumte insum ang che. Tui in tam a pawimawh bawk. Natna do nan protein lam- sa ti var, sangha, artui vâr lai, rajma, dal, be, tofu a tha a; thlai leh thei lam a pawimawh bawk. Vawikhatah chaw ei teuh teuh lovin, ei zina ei tlem a tha zawk.
5. Hahdam takin awm la, **mahni nuam tihzawng (hobby)** – music, lehkhabu chhiar, painting etc tih nan hun hmang ang che.
6. **Tawngtaina** hunte, meditation tihna hunte hman thin hi hrisel nan pawh a tha.
7. Phone leh thildang hmangin **thiante, chungte nen inbiak fo** a tha.
8. Social media ah te, TV news ah te **Covid lampang news leh chanchin en tlem** rawh. Chanchin dik lo mi tam takin an thehdarh thin tih hria la, chung lakah chuan inthiarfihlim a tha.
9. I **damdawi** mamawh tur thla hnih daih tal khawl khawm thin ang che.
10. **Harsatna i neih palh a i phone tur** – Emergency number te, Helpline te, doctor I rawntheih tur number te nei sa vek la. I phone ah awlsamte a hmuh turin dah la, ziakin tar bawk ang che.
11. Loh theih loh ah lo chuan **Damdawi ina kal loh** hi a him ber a, mahse a tul viau chuan fimkhur taka kal mai tur a ni.
12. **'E-Sanjeevani OPD'** app hmangin kan phone atangin mahni in atanga doctor specialist te rawn theih turin Mizoram sorkar chuan ruahmanna a siam a. He e- Sanjeevani-OPD app hi download la, a hman dan i chungte inzirtir ang che.
13. Insawiselna leh harsatna i neih chuan **Covid Helpline (No. 102/ 0389-2323336/ 0389-2322336/ 0389-2318336)**-ah phone la, an lo tanpui thei bawk ang che.
14. Rilru hah ngawih ngawih te, lungngaih riaute, hlauhna reh mai lo te i nei a nih chuan Helpline emaw i doctor emaw **Counseling** lama tanpui theitu tur che rawn ang che.
15. Thingtlang lama awmte tan min bialtu **Health Worker/ASHA** te hming leh number neih a tha.
16. **Meizuk, vaihlo, zu lakah fihlim** ang che.

STANDARD OPERATING PROCEDURE (SOP) FOR ORGANIZING SPORTS COMPETITION IN CONTEXT OF COVID-19

1. COVID laka invenna tur kan tih ṭhin te tih chhunzawm

A hnuai tarlan inkaihhraina te hi infiam mite leh a buaipuitu ten an zawm ngei tur a ni.

- i) Infiamna hmunah 6ft tala inhlata awm tur a ni, hei hian infiam dan azirin infiam mite a huam lo ang.
- ii) Infiamna hmun reng rengah Face Mask/Cover an vuah ngei tur a ni.
- iii) Infiam mite leh a buaipuitute chuan an infiam loh chhungin a khât tawkin sahbawn-in kut an sil reng tur a ni, Hand Sanitizer (Alcohol based) pawh a ṭul dan azirin an hmang tur a ni.
- iv) Respiratory etiquettes khauh takin infiam mite leh a buaipuitute chuan an zawm tur a ni. Hei hian khuh leh hahchhiau laia hmu leh hnarte chu tissue/rawmawl/kiu chhung lam emawin hup/khuh tur a ni. Kan tissue/rawmawl hman hnu chu felfai taka paih zel tur a ni.
- v) Infiam mite leh a buaipuitute chuan an hriselna an enkawl uluk tur a ni. Damlohna nei chuan a rang thei ang berin COVID 19 Response Team/Task Force hnenah in report tur a ni.
- vi) Infiamna hmun leh insawizawina hmunah chil chhak khap tlat a ni.
- vii) Infiam mite leh a buaipuitute chuan **Aarogya Setu** app an hmang vek tur a ni.

2. A kai awlsamte inven dan tur

Infiamna buaipui tute zingah kum lama upa, raipuar leh natna benvawn nei inenkawl mekte chu an fimkhur leh zual tur a ni. Infiam mite, coach leh hnathawk dangte nena inhnimhnaih theihna lakah an fimkhur tur a ni.

3. Infiamna hmanga inelna leh insawizawina hmuna inkaihhraina dan felfai tak duan

- i) Infiamna buatsaihtute (organizing committee) chuan veng chhung hruaitute nen ṭangkawpin intihsiakna an buatsaihna hmun leh an thlen khawmna hmun chu Containment Zone a ni lo tih an finfiah tur a ni.
- ii) Infiamna buatsaihtute (Organizing Committee) chuan Covid-19 inkaichhawn theihna lakah fimkhur takin infiamna hmun chu an kaihrui tur a ni a, veng chhung hruaitute nen ṭang dunin inenkawlna hmun leh ambulance service theite an ngaihven tur a ni.

- iii) Infiamna hmun, insawizawina hmun, medical centre, physiotherapy centre, gymnasium, bathroom, toilet leh vantlang inhman ÷awm theihte chu hman hmain 1% Sodium Hypochlorite solution-in an kâp thianghlim vek tur a ni. Hei hi a khat tawka tih ÷hin tur a ni bawk.
- iv) Heng khawih theih chi- Kawngkhar vawna, ban vawn, elevator hmehna, dawhkan chung, ÷hutthleng, insilna hmun adt. leh chhuat leh bang te chu 1% Sodium Hypochlorite solution-in ÷an hma leh ban hnuah fai takin hruk ziah tur a ni. Medical Centre leh Gym te chu hei aia uluk leh zuala tih thianghlim ÷hin tur a ni.
- v) Tui inna, kut silna, Inbualna hmun leh inthiarna te chu fai taka enkawl tur a ni.
- vi) Heng tihthianghlim hna thawktute hian PPE ÷ha tak an hmang tur a ni.
- vii) Infiamna buatsaih dawnin infiamna hmun leh hmanruate tihfai hun felfai takin an ruahman tur a ni. Hei hi Sport azirin a danglam thei ang.
- viii) Infiam mite leh a buaipuitute chuan warm-up hun mumal tak an nei tur a ni. Infiam mite leh a buaipuitute hman turin kut silna leh Hand sanitizer a awm tur a ni. Inthiarna hmunah sahbawn leh hand sanitizer dah bawk tur a ni.
- ix) Tui chenna hmun/swimming pool a awm chuan, a khât tawkin tui tih thianghlim tur a ni.
- x) Infiamna hmanruate chu hman hmain uluk takin tihthianghlim tur a ni.
- xi) Sahbawn, towel adt. chu inhman ÷awm loh tur a ni.
- xii) Infiampi, coach leh hnathawk dangte chuan face mask/ cover leh towel hman hnute chu felfai takin a paihna hmunah an paih tur a ni.
- xiii) CPCB (Central Pollution Control Board) dan a siam angin felfai taka bawhlawh paih a nih theih nan bawhlawh bawm tam tawk tak a awm tur a ni. (https://cpcb.nic.in/uploads/Projects/Bio-Medical-Waste/BMWGUIDELINES-COVID_1.pdf)

4. Hnathawh dan tur rel, hmalak dan tur duan leh vil/thlithlai

4.1. Infiamna hmuna inkaihhraina ruahman

- i) Sports hmang a inelna buatsaih a nih dawn in a buatsaih tute chuan Infiam mite tan Covid Task Force an din ngei tur a ni. Task Force te hian SOP duansa te hi khauh takin an kengkawh tur a ni.
- ii) Task Force te chuan infiam mite leh a buaipuitute chu uluk takin heng dan duansa te hi an hrilhfiawh tur a ni.

- iii) Task Force te chuan Infiam mite zin veivahna chu uluk takin an endik tur a ni.

4.2. A bika inenkawlina hmun ruahman

- i) Infiamna hmuna Medical Unit-ah chuan Covid Care Centre milin indah hranna hmun a awm ngei tur a ni.
- ii) Covid-19 in enkawlina hmun hnai bera refer theih turin inzawmna tha tak an siam tur a ni.
- iii) Covid-19 kai/rinhlelh te sawn kualna turin Ambulance Service te an thawhpui tur a ni.

4.3 Inkar hlata awm dan tur

- i) Infiamna hmunah physical distancing a awm theih nan chhuatah feet 6-a inhlatin chhinchhiahna an siam tur a ni. Chutiang bawkin infiam mite chu an infiam loh lain physical distancing an zawm tur a ni.
- ii) Locker room chu ventilation tha, inhlata awm theihna leh fai taka enkawl a nih chuan infiam mite tan hman theih a ni ang.
- iii) Infiam mite a tlem thei ang ber an fuankhawm theih nan hengte hi an duang tur a ni.
 - a) A tel thei tur chin (qualification) khauh taka siam.
 - b) Inelna atana staff leh officials tih tlem.
- iv) Staff thenkhat a hmun a awm ngai lo chu call/video-conferencing hmangin mahni in atangin an thawk thei ang.

4.4 Inelna thlirtute kaihhruai dan

- i) Infiamna hmun a a entu/mipui te chu Ministry of Home Affairs vide letter no. 40-3/2020-DM-1(A); dated 25th November 2020[Para 9 clause (v)]-in a tar angin kalpui a ni ang.
- ii) Outdoor-ah chuan a hmuna leng zat chanve entu/mipui kal phal a ni ang.
- iii) Mipui tam lutuk tur enfiah nan luhna leh chhuahna gate leh thutna hmunah CCTV dah theih/tur a ni.

4.5 Boruak a thianghlim tawk a ni tih tihchian

- i) Boruak thianghlim luhna tha taka a awm ngei tur a ni a, hmun phui/up pumpelh tur a ni.
- ii) Pawn lam boruak a luh theih nan tuk verh leh kawngka te hawn a, fan leh thildang hmangin boruak luhtir tur a ni.

- iii) Boruak thianghlim a awm theih nan CPWD inkaihhraina dan zawm tur a ni. Air condition temperature chu 24-30°C a ni tur a ni a, relative humidity pawh 40-70% inkar a ni tur a ni. Boruak tha atam thei ang ber luhtir tur a ni a, cross ventilation a tha tawk tur a ni.

4.6 COVID laka invenna hmanrua dah/chhawp

- i) Mahni invenna hmanrua: Face Mask, face shields, PPEs, glove, sanitizer, sahbawn Sodium Hypochlorite (1%) etc te chu hman theih turin Organizing Committee ten an ruahman tur a ni.
- ii) Thermal Screening atan khawsik enna (thermal gun) dah ngei tur a ni.
- iii) Bawhlhlahw bawm chhin nei hmun tinah a awm tur a ni.

4.7 Inzirtirna buatsaih

- i) Infiyam mite leh a buaipui tute tan organizing committee chuan Covid-19 chungchanga hriat tur pawimawh te, tih tur leh tih loh tur in zirtirna hun an siam tur a ni.
- ii) Infiyamna hmun langsar laiah Covid-19 invenna chungchang posters/standees/AV media awmna tur hmun buatsaih tur a ni.
- iii) Hmun rem chang laiah State Help line number leh veng chung hruai tute number tarlan ni se.

5. Inkaihhraina fel fai kenkawh

5.1 Thilthleng palh awm thei enfiah

- i. Infiyamna hmun luh hmain infiyam mite leh buaipuitute chuan thermal screening an paltlang vek tur a ni.
- ii. Program azirin organizing committee chuan infiyam mite leh a buaipui tute tan darkar 72 hmain RT-PCR Test an kalpui thei ang a, RT-PCR Negative te chauh an tel thei ang, Covid test report nei lo te tan organizing committee chuan Covid-19 test nan ICMR Approved Laboratory-te a thlunzawm thei ang.

5.2 Luhna leh chhuahna atanga infiyamna hmun inkar

- i) Infiyam mite leh a buaipui tute containment zones a cheng te chu infiyamna hmunah luh phal a ni lo.
- ii) Infiyamna/inelna hmun luhna turah hand sanitizer leh thermal screening neihna te a awm ngei tur a ni. Infiyam mite leh a buaipui tute zingah symptom nei lo te chauh luh phal a ni.
- iii) Face Mask hmang te chauh luhtir tur a ni.

- iv) Infiamna hmun chu a theih chinah luhna gate leh chhuahna gate a awm hrang tur a ni.
- v) Infiam mite leh a buaipui tute veivahna pui turin chhinchhiahna (arrow/lanes) felfai tak siam tur a ni.

5.3 Infiamna hmun/chhungah

- i) Thlenkhawmna room tih tlem emaw khar tur a ni.
- ii) Infiam en tura kal khawmte chuan Ministry of Home Affairs (MHA) leh Ministry of Health and Family Welfare-in kaihhruaina a siamte an zawm tur a ni.
- iii) Park, office, hotel mess adt. chuan feet 6-a hlaah thutna an rem tur a ni.

5.4 Exercise, Physiotherapy and training lain

- i) Exercise lakna hmanrua te chu khawih hmain fai taka tih thianghlim tur a ni.
- ii) Loh theih lohvah lo chuan physiotherapy/massage tih loh tur a ni. physiotherapy/massage tih ngei ngei a ngaih chuan infiam mite leh physiotherapist/masseurs te chuan fimkhur takin an kalpui tur a ni.
- iii) Infiam mite leh coach te chuan exercise lak hma leh lak zawhah te, physiotherapy leh training session, insawizawi leh inkhelh zawhah te an kut fai takin an ti thianghlim tur a ni. Hemi atan hian hand sanitizer chu infiamna hmun luhna leh chhuahnaah te an dah vek tur a ni.
- iv) Training chhungin inhlat thei ang bera awm tur a ni.
- v) Taksa insik emaw intawh theihna ang chi reng reng in chibai, high-five adt. tih loh tur a ni.

5.5 Infiamna hmuna invenna tur enfiah

- i) Vawi khat aia tam inkhelh/infiamnaah chuan a dawt leha lut turte chuan infiamna pawnah an lo nghak tur a ni a, a hmaa inkhel ten infiamna hmuna an chhuahsan hunah an lut ve thei ang.
- ii) Infiamna hmun luh hmain infiam mite leh buaipuitute chuan thermal screening an paltlang vek tur a ni.
- iii) Infiamna hmun luh hmain tui leh sahbawn/hand sanitizer-in fai takin kut sil tur a ni.
- iv) Infiamna hmun luh hma in infiam mite chu an inbual fai tur a ni.
- v) Coach leh infiam mite inkar hlat taka awm tur a ni.

vi) Coach leh infiam mite chuan an hmanrua an inhman pawlh tur a ni lo.

vii) Infiamna hmun chhuahsan dawnin fai takin kut sil tur a ni.

5.6 Hmundang- inthlakna, inbualna leh thil ei na hmun infiam mite awm dan enfiah

i) Inthlakna hmun leh inbualna hmunahte inkar hlata awm tur a ni.

ii) Chaw eina hmun (mess/cafeteria)-ah te inkar hlata awm tur a ni.

iii) Cafeteria leh mess staff te chuan mask leh glove an hmang tur a ni.

iv) Table leh chair inhman tawm chite chu an hman zawhah an ti fai/sanitize zel tur a ni.

5.7 Inenkawlna hmuna ruahmanna siam dan tur

i) Organizing Committeete chuan infiam mite leh buaipui tute zingah damlo an awm a, an in-report-na turin Covid Response team an ruat tur a ni.

ii) Infiamna hmun luhna leh hri kai rinhlehte lo thliar hran (hei hi nurse leh damdawi lam thiam ten an buaipui ang).

iii) Damlo zingah Covid-19 rinhlelh an awm chuan isolation roomah dah hran tur a ni.

iv) Damlo hmun hrana phurh sawn ngai an awm chuan local health authorities be rawn in ruahmanna siam tur a ni.

v) Doctors, nurse leh hemi kawnga thawktute chuan sample an lak dawnin invenna PPE t̄ha tak an hmang tur a ni.

vi) Case thar hmuh a nih chuan a t̄ul ang zawng zawng (contact tracing, quarantine, testing, disinfection of premises adt.) chu District leh Local Health Authorities te rawn chungin hma lak tur a ni.

5.8 Hostels/Hotels/Guest House-a fimkhurna tur ruahman

Infiam mite leh a buaipui tute chu a theih chin chinah single room-ah an awm tur a ni, He bakah hian Covid-19 darh tur ven nana Ministry of Health & Family Welfare-in inkhaihruaina a siam chu Hotel leh Hospital-te hian an zawm tur a ni.

MIPUI PUNKHAWMNA HMUN-A COVID-19 INKAIDARH A NIH LOH NANA INVENNA ATANA ZAWM TUR KAIHHRUAINA (SOP)

1. Thlirna

Inneihna, pawl thila inhmuhkhawmna, Pathian biala inkhawmna leh mipui punkhawmna *function* neihna hmunahte hian Covid-19 inkaidarh a nih loh nan social distancing leh invenna dangte ken kawh a tul tak zet a ni.

2. A huam chin

He kaihhruaina hian hmun thenkhata Covid-19 darh tur ven nana kalphung siam bik bakah vantlang zawm tura duante a pho chhuak a ni.

3. Mipui vantlangin an zawm tur invenna te

Kum 65 chunglam, *comorbidity* (natna khirh/ inkai chhawn awl pakhat aia tam vei kawp) nei te, nau pai lai te leh naupang kum 10 hnuai lam te chu tul bik thil leh hriselna chungchang vanga chhuah ngai a nih loh chuan ina awm tura thurawn an ni a, a theih chin chinah hetiang mipui punkhawmnaah hian tel ve loh tur a ni. Hei hi sakhaw biakna hmun enkawltute hrilhhriat tur a ni.

4. Mipui punkhawmna hmunahte hian heng inkaihhruaina dante hi lekkawh tur

- i. A luhnaah kut tih faina (*sanitizer dispenser*) leh khawsik enna dah ngei tur a ni.
- ii. Natna kai awma lang lote chauh luhtir tur a ni.
- iii. *Face mask* vuahte chauh luhtir tur a ni.
- iv. COVID-19 laka him theihna tura siam *poster/ standee/ AV media*-te chu langsar deuha tar lan tur.
- v. A theih chin chinah kal khawmte chu then darh tur.
- vi. Motor *park*-na leh punkhawmna hmun/sakhaw biakna hmun/hall adt. kawtah te mipui che vel mumal taka kaihhruai tur a ni a, *social distancing* dan zam te an zawm vek tur a ni.
- vii. Ei/in tur siam emaw sem emaw a ngai a nih chuan a theih chin chinah mimal ei tur pack fel se thlapa sem tur a ni a, *plate/no/fian* adt. inawm tura ruahman loh tur. Tin, ei/in siam lai leh ei/in lain engtik lai pawhin *social distancing* dan zamte zawm tur a ni.
- viii. *Social distancing* vawn that a nih theih nan punkhawmna hmun/sakhaw biakna hmun/hall adt. chhehvelah intlar a ngaih chuan dan anga ruahman sa dinna tur bik chhinchhiaha siam then tur a ni.
- ix. A hrana luhna leh chhuahna siam tur a ni.

- x. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. Luh dawnah a tlem berah feet 6 aia hnai lova indawta intlar thin tur a ni.
- xi. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. Luh dawnah an kut leh ke (pheikhawk phelh a ngai a nih chuan) te fai takin an sil tur a ni.
- xii. Social distancing vawn that a nih theih dan ber turin thut dan ruahman tur a ni.
- xiii. *Air-conditioning/ ventilation* hman a nih chuan CPWD kaihhraina siamte zawm tur a ni. Chu kaihhraina chuan, “*Air conditioning* khawlte *temperature* chu 24°-30°C a ni tur a ni a, *relative humidity* chu 40-70% a ni tur a ni,” a ti a; **“Boruak thianghlim lut chu a tam thei ang ber a ni tur a nih bakah cross ventilation pawh thahnem tawk tak a awm tur a ni,”** tiin a sawi bawk.
- xiv. Punkhawmna hmun/Sakhaw biakna hmun chhung leh a chhehvela lehkhabu, milim, lehkhabu thianghlim adt. chu khawih loh tur a ni.
- xv. Hmun khata mipui tam tak inhawr khawm khap tur a ni.
- xvi. Inkaichhawn a awm zel loh nan hla sak leh zaipawl zaite phal a ni lo va; amaherawhchu, hla emaw rimawi thun sa (*pre-recorded*) te chu tih rik phal a ni thung ang.
- xvii. Taksa insia chibai inbuk loh tur.
- xviii. Pathian biakna hmuna thinghi-a tawngtai hunin mahni tawngtai nan mahni pher/ puan ken theuh tur a ni a, hawn leh zel tur a ni a. Midang nena intawm loh tur a ni.
- xix. Coupon leh pawisa inhlan bakah sakhuana hmuna thilpek inhlan, thawhlawm inhlan leh puithiam/ rawngbawltute hnen atanga thilpek dawn, entir nan prasad sem/ tui thianghlim sem adt. ang chite tih loh tur a ni.
- xx. Heng hmunah te hian a bikin hrisel nana invawn thianghlim hna (*sanitation*)-te uluk leh ngun lehzual zawka thawh thin tur - inthiarna, tui inna leh kut/ ke silna hmunahte.
- xxi. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. leh a chhehvelte chu zing taka tihfai leh thenfai hna thawh tur a ni.
- xxii. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. chhuatte chu vawi tam tak tihfai thin tur a ni.
- xxiii. Mipui pungkawm leh a hmun enkawlte hman hnu *face mask* leh kutkawr te chu fimkhur taka tihral tur a ni.